

November 7, 2005

Governor launches INShape Indiana

More than 7,000 Hoosiers have accepted Governor Mitch Daniels' challenge to participate in INShape Indiana – and to log on and lighten up.

The Web-based program was launched in July and offers participants information on physical fitness activities, nutrition, and smoking cessation.

By enrolling at www.INShape.IN.gov, Hoosiers can access a variety of state-wide health information.

Every two weeks, participants receive an e-mail reminding them to update their wellness progress. Those without Internet access can call 1-800-433-0746 to access health information, as well.

Improving the health of Indiana is the focus of this program. Indiana currently ranks 9th in the nation for obesity. More than 1 million adult Hoosiers smoke, and one in four adult Hoosiers admit to no physical activity.

Additionally, Indiana has the nation's 4th highest healthcare costs in the nation, according to the 2004 Hewitt Health Value Initiative™.

Rewards are also part of the program. So far, INShape participants have received free tickets to the Visa Champion-



Governor Mitch Daniels launched INShape Indiana July 13 with the help of State Health Commissioner Judith A. Monroe, M.D. (at microphone). Other participants included George McGinnis, Lyn St. James, representatives from Weaver Popcorn, DeKalb Memorial Hospital, and OFS First Office. Since the program began, more than 7,000 Hoosiers have signed up for the Web-based program. (Photo by Daniel Axler)

ships Gymnastics Competition, and received free admission to an Indiana State Park of their choice during DNR Day in September.

INShape partners are also offering special discounts.

Marsh Supermarkets is offering discounts on specific healthy food items with a MARSH Fresh I*D*E*A card, and the National Institute for Fitness and Sport and Owen County Family YMCA are also offering discounts to INShape members alongside many other partners.

More than 4,000 people participated in the "2005 INShape Indiana 2005 Health Summit: Obesity Prevention, A Commitment to Act" October 27 at the University Place on the Indiana University Purdue University campus in Indianapolis.

The summit focused on the fight against Indiana's obesity problem. (See related photos on page 5.)

To join INShape Indiana, or for more information visit www.INShape.IN.gov.

Wellness Corner new edition to newsletter

Welcome to the ISDH Wellness Corner!

This new feature of the newsletter will highlight previous wellness activities, promote future opportunities, and provide health tips and resources.

In its first few months of existence, the ISDH Wellness Council has kept busy creating a wellness plan, conducting an online survey, hosting a screening event at the 2 North building, and promoting INShape Indiana.

State Health Commissioner Judy Monroe, M.D., has also been promoting worksite wellness efforts by hosting talks at both the 2 North building and the Labs, issuing a revised smoking policy, leading walks, and telling everyone she meets about INShape Indiana.

Two meetings have also been held with other state agencies to share the ISDH Wellness Plan, to

provide tips on creating a council, to promote INShape Indiana, and to share successes and challenges.

Many state agencies are showing enthusiastic participation and are moving forward with their own wellness initiatives.

Other wellness activities at ISDH include the opening of the wellness library, screenings and health information at the September meeting of Long Term Care staff, more lunch-and-learn sessions, healthy food options in the snack bar at 2 North, and on-site fitness opportunities.

Those who participate in wellness activities may receive wellness bucks that can be redeemed for prizes at a later date...so become an active participant!

And don't forget...Wellness Works!

---Tanya Parrish

Chairperson, Wellness Council

Health Tip: Dealing with Cravings

The "four Ds" can help curb cravings for people trying to quit smoking or stop other unhealthy behaviors:

Do something different
Deep breath
Distract yourself
Drink a glass of water



Source:
Tobacco Prevention
and Control Program,
Washington State
Department of Health

UNITY Conference held in August

The Division of HIV/STD hosted their 11th annual skills-building conference in August.

This year's UNITY Conference, which rotates to a new location every two years, was held in Clarksville, Indiana.

The three-day conference provided more than 40 different workshops to the 300+ grantees and community partners which participated.

The event offered opportunities for networking, roundtable discussions, and skills building. Participants were able to select from a large diversity of topics such as: Faith and Community Mobilization, Internet Outreach with Youth, HIV Prevention with Hispanic Gang Members, Methamphetamine Use and Sexual Risk, and Support for Persons with Herpes Diagnosis.

The conference is supported through a grant from the Centers for Disease Control and Prevention. It is planned and implemented by the staff of the Division of HIV/STD/Viral Hepatitis.

---Cathy Archey-Morgan



We need your stories
for the Express!

Send them to Julie Fletcher
at jfletche@isdh.in.gov.
(Word documents are preferred)

Express

Indiana State
Department of Health

The Indiana State Department of Health *Express* is a quarterly publication. Words in blue are links that you can access directly if you read the *Express* online.

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ISDH organizes medical personnel for Operation Hoosier Relief

The Indiana State Department of Health's Public Health Preparedness and Emergency Response (PHPER) division assisted with Operation Hoosier Relief, a response to Hurricane Katrina which hit the Louisiana and Mississippi areas last month.

According to Michael Hurst, PHPER director, Operation Hoosier Relief was deployed on September 3.

Organized by the Indiana Department of Homeland Security, the multi-agency task force is comprised of more than 200 state, local, and private responders on an Emergency Management Assistance Compact mission to provide Hurricane Katrina relief in the State of Mississippi.

This task force included a 26-member medical and public health team of physicians, nurse practitioners, nurses, and respiratory



Camp Indiana is located in the parking lot of the Mississippi Coast Coliseum and Convention Center in Biloxi, Mississippi. (Photo by Andy Zirkle)

therapists. The Indiana Division of Mental Health and Addiction also fielded a 10-person mental health team.

The task force deployed to DeSoto County, Mississippi, for a 14-day tour. The task force was relocated to Biloxi, Mississippi,

where the team was actively engaged in humanitarian, public safety, and medical/public health missions.

In addition to practitioners recruited from the private sector, 12 state employees, including 11 em-

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Zirkle describes life at Camp Indiana



While at Camp Indiana, Andy Zirkle, Office of Public Affairs, slept on a cot near his state vehicle. Notice the words "PIO cot" written on the parking lot below the cot. (Photo by Andy Zirkle)

Andy Zirkle, Office of Public Affairs, was part of the second deployment to Camp Indiana in Mississippi. Below, he describes his time in Biloxi.

During the second deployment of Indiana's hurricane relief task force, "Operation Hoosier Relief," I had the privilege of serving as the lead Public Information Officer for the operation as a whole.

What a professionally rewarding and fulfilling experience!

In this role, I performed a number of duties, all with the ultimate goal of building awareness of the incredible job that the task force was doing in the Biloxi, Mississippi, area to help the region recover from the devastation left behind by Hurricane Katrina.

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BLACK & MINORITY HEALTH FAIR 2005



More than 119,864 screenings were performed during the 2005 Black & Minority Health Fair in July. The four-day event had over 102 booths represented by various health-related organizations. Pictured here, from clockwise, (1) Banners, designed by George Murff, Office of Public Affairs, were displayed throughout the health fair. (2) Brian Rochester has his blood drawn at the One Stop One Stick station. (3) State Health Commissioner Judy Monroe, M.D., addresses the crowd during the opening ceremonies. (4) Marjori Allen and Kennetha Tooley represented the ISDH Breast and Cervical Cancer program. (Photos by Daniel Axler)

OBESITY PREVENTION SUMMIT



More than 400 people representing statewide communities participated in the “Obesity Prevention, A Commitment Act” summit October 27 in Indianapolis. Shown here, clockwise, (1) Several trailblazers, including the Indiana Minority Health Coalition, shared wellness success stories with participants. (2) Lyn St. James, Vice Chair of the Governor’s Council on Physical Fitness and Sports, addressed the group in the morning session. (3) Governor Mitch Daniels stressed the importance of a healthy Indiana. (4) During an afternoon press conference summit co-sponsor Anthem Blue Cross and Blue Shield unveiled its “Healthy Habits for Healthy Kids” guide for parents. Shown here are (left to right) Lloyd Kolbe, Ph.D., Indiana University Professor; Dennis Casey, President, Anthem Blue Cross and Blue Shield in Indiana; Governor Daniels; and State Health Commissioner Judith A. Monroe, M.D. (5) During the summit, participants were asked to write an obesity prevention prescription for their communities. (Photos by Daniel Axler)



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ployees of the ISDH and one from the IVH, joined the medical teams.

Nurses and employees from 13 different local health departments also participated. "During the course of the deployment, our medical teams have treated thousands of survivors and scores of responders, often- times treating 300-400 people a day," said Hurst. "There is a large medical need, as primary care providers and hospitals struggle to recover. These

established providers lost everything, and are slow to restart with insufficient drugs and supplies and absentee staff."

The medical mission, according to Hurst, has evolved from providing clinical care in shelter settings and through community outreach, to helping to get that primary care network functional again. "The medical team members recognize the value in these activities, noting that so many of the people they are treating, especially the previously underserved population,

have lost their safety net providers, their jobs, and their insurance, and other means of support," said Hurst. "The services we are providing are vital to their recovery from this disaster. Everyone in this agency has stepped up to support this effort with their time and their talents. We have much to be proud of as a state, and as a public health agency." New task force members were deployed on Sep. 15 to replace the original team, and the final round was deployed on Sept. 29 and returned on Oct. 14.

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This not only involved highlighting the accomplishments of the medical team, which was assembled by the Indiana State Department of Health, but also the work of mental health professionals, law enforcement agencies, Department of Natural Resources conservation officers, and forestry crews.

Working through the Indiana

Department of Homeland Security, I sent out 10 statewide press releases during the deployment. I also spoke with reporters from around the state on a daily basis and also tried to connect reporters with people from their towns, so they would have a solid local angle to the story.

I also worked with Biloxi-area media to inform them of some of the efforts of our task force.

I was even on the local TV

station's midday news program for a five-minute live interview on the locations of some of our medical clinics, as well as an update on the operation as a whole.

Overall, the days were very hot and long, the nights were short and sometimes quite windy, and the food was sometimes less than appetizing. But if I were asked to do it again, I would say "yes" in an instant.

---Andy Zirkle

Welcome new employees!

Marvin Bardo, Public Affairs
Charles Berning, Utility Services
Neosha Burns, Legislative Services
Deborah Bronnenberg, MCSHCS
Priscilla Brothers, LTC
Robert Clifford, PH Preparedness
Lesley Craft, Office of Women's Health
Robert Dombrow, ITS
Beverly Flanagan, Finance
Marsha Ford, HIV/STD
Lloyd Flowers, PH Preparedness
Carol Gieselman, MCSHCS
Jennifer Hoffman, Commissioner's Office
Deborah Hoover, MCSHCS
Pamela Ingram, MCSHCS
Frederick James, Finance
Bruce Jasaitis, HIV
Manto Kalirai, LRC Lab

Sandra Lindquist, Immunization
Anikumar Mangla, ERC
Marcie Memmer, Chronic Disease
Michael Miller, Weights and Measures
Jacob Moelk, Commissioner's Office
Dawn Moore, Vital Records
Sheryl Roth, LTC
Sara Renner, CHFS
Shantai Pace, Vital Records
Andrea Perez, HIV/STD
Audra Place, LTC
Tamara Richardson, Acute Care
Angela Salomon-Angeles, LRC Mico Labs
Melissa Sanderson,
Viola Stanley, Long Term Care
Antonio Stone, Administrative Services
Anverat Taylor, Vital Records